

## SENIOR PROGRAMS

### General Information

A variety of special trips have been planned for seniors 55 & older. All trips include transportation from the Spring Valley Community Center and entrance fees to the activity.

**Upcoming Events:** TO BE DETERMINED

### Catered Adult Lunches

Meet new friends from all walks of life. Join an active group of retired people 60 years and older for lunch-Monday through Friday at the Spring Valley Community Center. Lunch is offered for a suggested donation of \$3 per person, under 60, \$5. The meals served are complete and nutritionally balanced. The program is open 9:45 a.m. to 1:00 p.m. Monday through Friday. Please call by 2:00 p.m. one day in advance for lunch reservations. For information or reservations, call (619) 337-1425, Monday through Friday.

### Lunchtime Activities

**Bingo:** Mondays & Thursdays 10:30 a.m.

**Blood Pressure:** 2nd Monday, 3rd Tuesday and 4th Monday of each month at 10:00 a.m.

**Legal Aid:** Call for an appointment (619) 447-7921, 2nd Monday of each month.

**Sing-A-Long:** Wednesdays, 10:30-11:15 a.m.

**Exercise:** Building Stronger Statues!

Tuesdays, 11:15 a.m. - 12:15 p.m.

Fridays are reserved for entertainment and speakers.



**Spring Valley Branch**

**836 Kempton Street (619) 463-3006**

### Youth Programs

**2nd & 4th Mondays, 6:30 p.m.** Pajama Storytime  
(All ages)

**1st & 3rd Tuesdays, 2:00 p.m.** Bilingual Storytime  
(All ages)

**2nd, 4th & 5th Tuesdays, 2:00 p.m.** Tuesday Tales  
(All ages)

**Wednesdays, 3:00 p.m.** Kids Kraft (Grades 1-5).  
All materials provided.

**Wednesdays, 1:30 p.m.** Children's Storytime (Ages 2-5)

**3rd Tuesday, 4:00 p.m.** Teen Time! (Grades 6-12)

**Thursdays, 10:30 a.m.** February, March, May and June  
Baby Storytime (Birth-18 months)

New Program- **Beginning in February.** 4th Thursday,  
2:30 p.m. Puppet Playhouse (All ages)

### Family Programs

**Mondays, 3:00 p.m.** Chess (All ages)

### Programs for Adults

**2nd Tuesdays, 6:00 p.m.** Book Club.

Call library for details.

**3rd Fridays, 10:00 a.m.** United Through Reading  
Grandparent Program. Linda Hopkins shows how  
caregivers can create a "virtual presence" by reading  
aloud to a loved one on a DVD recording. Bring a  
favorite book! Appointments are necessary. Call library  
to schedule an appointment.

**2nd Friday, 11:00 a.m.** Craft. All materials provided.

**February 10, 14, 24, 12:30-2:00 p.m.** Free Parenting  
Classes. Call library for details.

Special Events- Call library for details (619) 463-3006

**February-** Black History Month

**February & March-** Community Read

**March-** Women's History Month

**March 2-** Dr. Seuss Day

**April-** Dia de los Ninos/Dia de los Libros

**May-** Older Americans Month